

Water Intoxication

The Dangers of Feeding a Baby Too Much Water



Water Intoxication...is caused from feeding your baby too much water. It can make your baby sleep more than usual, and make your baby hard to wake up. Water intoxication can cause seizures, leading to brain damage or death.

For the first 4 to 6 months, the only food babies need is breastmilk or formula. Both breastmilk and formula have all the water your baby needs.

Do NOT feed sugar water, flavored drinks, soda, tea, or bottled baby water in place of breastmilk or formula.

Mix powder or concentrated formula carefully, adding just the right amount of water. Adding too much water or too little water is harmful to your baby. If you are not sure how much water to add, call your dietitian, nutritionist, or doctor.

Most of the time babies with diarrhea should only be fed breastmilk or formula. The doctor may tell you to give a special fluid with electrolytes which helps some babies while their diarrhea gets better. Although it is clear, it is not the same as water. Only give a baby water if you are told to do so by your healthcare provider.



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